

WOMAN'S NERVES MADE STRONG

By Lydia E. Pinkham's
Vegetable Compound.

Winona, Minn.—"I suffered for more than a year from nervousness, and was so bad I could not rest at night. I would lie awake and get so nervous I would have to get up and walk around and in the morning would be all tired out. I read about Lydia E. Pinkham's Vegetable Compound and thought I would try it. My nervousness soon left me. I sleep well and feel fine in the morning and able to do my work. I gladly recommend Lydia E. Pinkham's Vegetable Compound to make weak nerves strong."—Mrs. ALBERT SULTZ, 603 Olmstead St., Winona, Minn.

How often do we hear the expression among women, "I am so nervous, I cannot sleep," or "it seems as though I should fly." Such women should profit by Mrs. Sultz's experience and give this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, a trial.

For forty years it has been overcoming such serious conditions as displacements, inflammation, ulceration, irregularities, periodic pains, backache, dizziness, and nervous prostration of women, and is now considered the standard remedy for such ailments.

HIDE IMPORT RULES.

New Regulations Issued By U. S. Treasury Department.

All hides of neat cattle, goatskins, buffalo hides, sheepskins, cat skins, and deerskins, may be imported from any country maintaining an efficient veterinary inspection system when accompanied by a certificate signed by an official veterinary inspector of such country, or, in his absence, by a United States consular officer stating that anthrax is not prevalent and neither foot-and-mouth disease nor rinderpest exists in the localities in which the hides or skins originate.

Denmark, Brazil, and Venezuela are added to the countries from which goat hides and skins may be imported without disinfection when accompanied by certificate of an official veterinarian of the country stating that the animals from which the hides or skins were taken were free from disease at the time of slaughter.

These are new provisions in regulations issued by the United States treasury department and department of agriculture governing the handling and control of hides and other animal by-products.

Regulations for Disinfection.

It is also provided by the regulations that disinfection methods for hides, skins, and other material shall be approved from time to time by the chief of the bureau of animal industry of the United States department of agriculture. This official is authorized to revoke any methods which have been approved by him. Hides or skins not accompanied by the prescribed certificates, or which are accompanied by certificates not complying with the regulations, may be imported from any country upon condition that they will be consigned from port of entry to an establishment having proper facilities for sanitary control and disinfection; that they will move from port of entry to the establishment in cars or approved containers, sealed either with customs seals or seals of the department of agriculture; that their handling will be in accord with the regulations; and that they will be disinfected by one of the approved methods.

Railroad Companies Must Disinfect Cars.

Transportation companies are required to label cars carrying unperfected or non-disinfected products. It is necessary to unload en route any of the products specified in the regulations, the car from which the transfer is made, and any part of premises at the point of transfer which may have been contaminated, must be cleaned and disinfected by the transportation company.

Chore Time Long Past.

Uncle Lige bought a clock. One night the clock got out of order and began to strike.

The old man awoke and counted 102. He promptly sat up in bed, and, calling to his wife, said: "Cynthia, get up, get up. It's later than I've ever known it to be."—Everybody's.

BAD BREATH

Dr. Edwards' Olive Tablets Get at the Cause and Remove It

Dr. Edwards' Olive Tablets, the substitute for calomel, get to the bowels and positively do the work.

People afflicted with bad breath find quick relief through Dr. Edwards' Olive Tablets. The pleasant, sugar-coated tablets are taken for bad breath by all who know them.

Dr. Edwards' Olive Tablets act gently but firmly on the bowels and liver, stimulating them to natural action, clearing the blood and gently purifying the entire system. They do that which dangerous calomel does without any of the bad after effects.

All the benefits of nasty, sickening, griping cathartics are derived from Dr. Edwards' Olive Tablets without griping, pain or any disagreeable effects.

Dr. F. M. Edwards discovered the formula after seventeen years of practice among patients afflicted with bowels and liver complaint, with the attendant bad breath.

Dr. Edwards' Olive Tablets are purely a vegetable compound mixed with olive oil; you will know them by their olive color. Take one or two every night for a week and note the effect. 10c and 25c per box. All druggists.

Be Careful

—to keep the stomach well, the liver and bowels regular, by the timely and helpful aid of

BEECHAM'S PILLS

Largest Sale of Any Medicine in the World
—44 everywhere. In boxes, 10c, 25c.

WE MUST WIN; WE SHALL WIN

President Wilson's Word to
the Farmers at Urbana,
Ill., Conference

SEES CULMINATION
OF WORLD'S CRISIS

No Such Conflict Ever Before
Undertaken by
Free Men

Washington, Feb. 1.—To the farmers of the United States President Wilson yesterday sent a message in which he called attention to the country's need of their assistance during the coming year in winning the war. The message was sent through the farmers' conference at the University of Illinois at Urbana. The message was delivered by President James of the University of Illinois in the absence of Secretary of Agriculture Houston, who was to represent the president. The president had expected to attend but indisposition made it impossible and he delegated Mr. Houston, who was prevented from participating by the tie-up in transportation facilities.

The president's message said: "I am very sorry indeed that I cannot be present in person at the Urbana conference. I should like to enjoy the benefit of the inspiration and exchange of counsel which I know should obtain, but in the circumstances it has seemed impossible for me to be present and therefore I can only send you a very earnest message expressing my interest and the thoughts which such a conference must bring prominently into every mind.

"I need not tell you, for I am sure you realize as keenly as I do, that we are as a nation in the presence of a great task which demands supreme sacrifice and endeavor of every one of us. We can give everything that is needed with the greater willingness and even satisfaction because the object of the war in which we are engaged is the greatest that free men have ever undertaken.

It is to prevent the life of the world from being undermined and the fortunes of men everywhere affected by small groups of military masters who seek their own interest and the selfish domination throughout the world of the governments they unhappily for the moment control.

"You will not need to be convinced that it was necessary for us a free people to take part in this war. It had raised its evil hand against us. The rulers of Germany had sought to exercise their power in such a way as to shut off our economic life so far as our intercourse with Europe was concerned and to confine our people within the western hemisphere, while they accomplished purposes which permanently would have impaired and impeded every process of our national life and would have put the fortunes of America at the mercy of the imperial government of Germany. This was no threat. It had become a reality. Their hand of violence had been laid upon our own people and our property in flagrant violation of not only of justice but of the well-recognized and long standing covenants of international law and treaty.

"We are fighting, therefore, as truly for the liberty and self-government of the United States as if the war of our own Revolution had to be fought over again, and every man in every home in the United States must know by this time, that his whole future fortune lies in the balance. Our national life and our whole economic development will pass under the sinister influence of foreign control if we do not win. We must win, therefore, and we shall win. I need not ask you to pledge your lives and fortunes with those of the best of the nation to the accomplishment of that great end.

"You will realize, as I think statesmen on both sides of the water realize, that the culminating crisis of the struggle has come and that the achievements of this year, on the one side or the other, must determine the issue. It has turned out that the forces that fight for freedom—the freedom of men all over the world as well as our own—depend upon us in an extraordinary and unexpected degree for substance, for the supply of the materials by which men are to live and to fight and it will be our glory when the war is over, that we have supplied those materials and supplied them abundantly and it will be all the more glory because in supplying them we have made our supreme effort and sacrifice.

"In the field of agriculture we have agencies and instrumentalities, fortunately, such as no other government in the world can show. The department of agriculture is undoubtedly the greatest practical and scientific agricultural organization in the world.

"The banking legislation of the last two or three years has given the farmers access to the great lendable capital of the country and it has become their duty, both of the men in charge of the federal reserve banking system and of the farm loan banking system, to see to it that farmers obtain the credit both short term and long term, to which they are entitled not only, but which it is imperatively necessary should be extended to them if the present tasks of the country are to be performed adequately. Both by direct purchase of notes and by the establishment of plants to produce notes, the government is doing its utmost to assist in the problem of financing the war. The department of agriculture and other agencies are assisting the farmers to locate, safeguard and secure, at cost, an adequate supply of sound seed. The department has \$2,500,000 available for this purpose now and has asked the Congress for \$6,000,000 more.

"The labor problem is one of great difficulty and some of the best agencies of the nation are addressing themselves to the task of solving it, so far as it is possible to solve it.

Farmers have not been exempted from the draft. I know that they would not wish to be. I take it for granted they would not wish to be put in a class by themselves in this respect. But the attention of the war department has been centered very seriously upon the task of interference with the labor of the farmers as little as possible, and under the new draft regulations, I believe that the farmers of the country will find

Resinol does wonders for sick skins

That itching, burning skin-trouble which keeps you scratching and digging, is a source of embarrassment, as well as of torment to you. Why don't you get rid of it by using Resinol Ointment? Physicians prescribe it constantly. In most cases, it stops itching instantly and heals eruptions promptly. It is very easy and economical to use.

Sold by all druggists. Resinol Ointment should usually be added by Resinol Soap.

that their supply of labor is very much less seriously drawn upon than it was under the first and initial draft, made before we had our present full experience in these perplexing matters. The supply of labor in all industries is a matter we must look to and are looking to with diligent care.

"And let me say that the stimulation of the agencies I have enumerated has been responded to by the farmers in splendid fashion. I dare say that you are aware that the farmers of this country are as efficient as any other farmers in the world. They do not produce more per acre than the farmers in Europe. It is not necessary that they should do so. It would perhaps be had economy for them to attempt it. But they do produce by two to three or four times more per man, per unit of labor and capital, than the farmers of any European country. They are more alert and use more labor-saving devices than any other farmers in the world. And their response to the demands of the present emergency has been in every way remarkable. Last spring the spring wheat exceeded by 12,000,000 acres the largest planting of any previous year, and the yields from the crops were record-breaking. In the fall of 1917 a wheat acreage of 42,170,000 was planted which was 1,000,000 acres larger than for any preceding year, 3,000,000 greater than the next largest, and 7,000,000 greater than the preceding five-year average.

"But I ought to say to you that it is not only necessary that these achievements should be repeated, but that they should be exceeded. I know what this advance involves. It involves not only labor, but sacrifice, the painstaking application of every bit of scientific knowledge and every tested practice that is available. It means the utmost economy, even to the point where the pinch comes. It means the kind of concentration and self-sacrifice which is involved in the field of battle itself, where the object always looms greater than the individual. And yet the government will help, and help in every way that it is possible.

"The impression which prevails in some quarters that while the government has sought to fix the prices of foodstuffs, it has not sought to fix other prices which determine the expenses of the farmer, is a mistaken one. As a matter of fact, the government has actively and successfully regulated so many of the prices of fundamental materials underlying all the industries of the country and has regulated them, not only for the purchases of the government, but also for the purchases of the general public. And I have every reason to believe that the Congress will extend the powers of the government in this important and even essential matter, so that the tendency to profiteering which is showing itself in too many quarters, may be checked effectively. In fixing the prices of foodstuffs, the government sincerely has tried to keep the interests of the farmer as much in mind as the interests of the communities which are to be served, and it is serving mankind as well as the farmer, and everything in these times of war takes on the rigid aspect of duty.

"I will not appeal to you to continue and renew and increase your efforts. I do not believe that it is necessary to do so. I believe that you will do it without any word or appeal from me, because you understand as well as I do the needs and opportunities of this great hour, when the fortunes of mankind everywhere seem about to be determined and when America has the greatest opportunity she has ever had to make good her own freedom and in making it good to lend a helping hand to men struggling for the freedom everywhere.

"You remember that it was farmers from whom came the first shots at Lexington that set aflame the Revolution that made America free. I hope and believe that the farmers of America will willingly and consciously stand by to win this war also. The toil, the intelligence, the energy, the foresight, the self-sacrifice and devotion of the farmers of America I believe, will bring to a triumphant conclusion this great last war for the emancipation of men from the control of arbitrary government and the selfishness of class legislation and control and then, when the end has come, we may look each other in the face and be glad that we are Americans and have had the privilege to play such a part."

LIKE BOLT FROM HEAVEN'S BLUE

A happy discovery of Cincinnati chemist interests women here

Your high heels have put corns on your toes and callouses on your feet, but why care now?

A genius in Cincinnati discovered a magic ether compound and named it frezzone. A quarter ounce of this frezzone can now be had at any drug store for a few cents. Apply a few drops on your tender, aching corn or callous. Instantly the soreness disappears and shortly you will find the corn or callous so shriveled and loose that you lift it off with your fingers.

Just think! You get rid of a hard corn, soft corn or a corn between the toes, as well as hardened callouses, for a few cents and without suffering one particle, without the slightest irritation of the surrounding skin. Just a touch of this marvelous frezzone on a sore, tender, swollen corn gives instant relief.—Adv.

HOW FLOTILLA CROSSED

Commander Taussing Tells
of Our Destroyers'
Passage

TO HELP BRITISH
HUNT THE U-BOATS

Most Difficult to Catch—
Fired at Only One in
Seven Months

New York, Feb. 1.—How secretly the United States dispatched the first flotilla of torpedo boat destroyers last April to join the British navy in the hunt for German submarines, was told for the first time publicly Wednesday night by Commander J. K. Taussing, U. S. N., who took them across the Atlantic.

The narrative was related before an audience which thronged Carnegie hall to celebrate the opening of a war savings stamp campaign in this city. Commander Taussing's story of the work accomplished by the navy's "greyhounds" far from home was wildly cheered.

"So anxious was the navy department that the outside world in general know nothing of the movement of these ships," Commander Taussing said, "that not even I who was in command of the expedition was informed of our destination.

"We were 10 days in making the trip, due mostly to a southeast gale, which accompanied us for seven of the 10 days. So rough was the sea during this time that for seven of the days we did not set our mess tables. We ate off our laps. On the ninth day we were pleased to be met by a little British destroyer named the Mary Rose. She picked us up early one morning and came along flying the international 'welcome to the American colors'.

"They were very glad to see us. Things were looking black. In the three previous weeks the submarines had sunk 152 British ships. We immediately had depth bombs installed so as to fight the submarines. The night before we entered the harbor at Queenstown a German submarine planted 12 mines right in the channel. Fortunately for us, they were swept up by the ever vigilant British mine sweepers before we arrived.

"We escorted many ships and we saved many lives. I cannot say we sunk any submarines. The submarine, I found, was a very difficult bird to catch. He always seemed to slip away from us. We were in seven months' successful actually firing at a submarine. He then went down after the fifth shot was fired. At that time he was five miles away. But what they are afraid of are the depth bombs. I cannot say positively that I sank any submarines. I saw results on several occasions which led me to believe that I had at least damaged one or two. The patrol duty was very trying, as the patrol was strewn with wreckage for a distance of 300 miles off shore.

"The night patrol work was very dangerous. There were frequent collisions and we had to use our judgment as to whether we should turn on the lights and avoid danger of collision and take the risk of a submarine seeing us, or keep our lights out and take our chances. We have to remember that if a submarine sinks us she only sinks one ship. A serious collision might sink two ships, so it is a matter of judgment."

Commander Taussing said there is complete co-operation between the American and British navies in foreign waters.

SHORTAGE OF HOUSE SERVANTS; NO RELIEF

This Is the Only Present Labor Scarcity
That Cannot Be Overcome By Dis-
tribution, Says Federal
Bureau.

New York, Feb. 1.—There is a shortage of house servants throughout the country, with no relief in sight, according to a statement issued yesterday by the United States employment service of the department of labor. This is the only scarcity at present which cannot be overcome by labor distribution, the statement says, as there is no section which has a surplus from which may be drawn domestics for service elsewhere.

Improved status of female workers, increasing number of women opened to women by war conditions, and the decline in immigration, are given as the reasons for the shortage.

Delicately Put.
Colonel—Think I'm getting fatter, Cutts?

Tailor—Well, sir, I'm afraid you've slightly—ahem!—extended your front lately!—London Opinion.

To Darken Hair Apply Sage Tea

Look Young! Bring Back Its
Natural Color, Gloss and
Attractiveness.

Common garden sage brewed into a heavy tea, with sulphur added, will turn gray, streaked and faded hair beautifully dark and lustrous. Just a few applications will prove a revelation if your hair is fading, streaked or gray. Mixing the Sage Tea and Sulphur recipe at home, though, is troublesome. An easier way is to get a bottle of Wyeth's Sage and Sulphur Compound at any drug store, all ready for use. This is the old-time recipe improved by the addition of other ingredients.

While wispy, gray, faded hair is not sinful, we all desire to retain our youthful appearance and attractiveness. By darkening your hair with Wyeth's Sage and Sulphur Compound, no one can tell, because it does it so naturally, so evenly. You just dampen a sponge or soft brush with it and draw this through your hair, taking one small strand at a time; by morning all gray hairs have disappeared, and after another application or two, your hair becomes beautifully dark, glossy, soft and lustrous.

This preparation is a delightful toilet requisite and is not intended for the cure, mitigation or prevention of disease.—Adv.

USE Swift's Premium Oleomargarine

You will get more food energy value at a lesser
cost per calory.

It is sweet, pure, clean, wholesome and delicious
—not touched by hand in manufacturing or packing.

Hundreds of thousands of housewives prefer
Swift's Premium Oleomargarine.

According to preliminary report of the U. S. Commissioner of Internal Revenue, for the year ending June 30th, 1917, the people of the United States consumed 232 million pounds of Oleomargarine, as against 152 million pounds for the corresponding previous period, an

Increase of 80 Million Pounds in One Year

Buy it in This
Package

Swift & Company
U. S. A.

Oleomargarine
Swift's
Premium

HENS NEED FRESH AIR.

Ventilation in the Poultry House an Im-
portant Factor.

Pure air is as necessary for fowls as clean water and good feed. When hens are confined to badly ventilated houses in winter they lose vitality, produce fewer eggs, and often become sick and stop laying.

Good ventilation is needed also to keep the house dry. When the circulation of the air in a poultry house is poor in cold weather, moisture collects on the inside of walls and roof. At a freezing temperature, under such conditions, there is a rapid accumulation of "frost" on these surfaces, which makes the house very uncomfortable.

When the temperature rises above freezing again, this frost melts and runs down the walls and trickles from the roof. First the air in the building becomes saturated with moisture, then the litter on the floor.

If the house is not overcrowded and is insufficiently ventilated for only a day in cold weather, no great harm is done. In an overcrowded house conditions become insanitary in a few hours. Even in a house properly stocked conditions at the end of one day of impure air are noticeably bad, and, unless promptly corrected, grow steadily worse.

Regulating Ventilation.

Ventilation to provide pure air and dryness in a poultry house is simply a matter of keeping doors and windows open as much as is necessary to keep the walls dry. Few poultry keepers have any difficulty in this until the temperature goes low enough to freeze water in the house. Then the tendency is to close doors and windows to keep the house warm.

This is the right idea, subject to the practical limitation that the house must not be closed so tight that the supply of fresh air is insufficient and the circulation of air is retarded to such an extent that moisture collects on the walls. The proper regulation of ventilation insures pure air and dryness and keeps the house as warm as is practicable without the use of artificial heat or special provision to absorb an excess of moisture. The adjustment of doors and windows to provide the conditions required must be learned by observation.

The general rule is to open doors and windows as much as is necessary to keep the house dry in cold weather, and to keep them wide open when water in the house will not freeze.

Ventilating Through Cloth.

Cheap cotton cloth and common burlap are often used in some of the windows of a poultry house in place of glass. Cotton cloth is to be preferred for this purpose because it is cleaner and admits more light. When both cloth and glass windows are used the most common practice in cold weather is to keep the glass windows closed all the time; to open the cloth window wide on clear days and close it as much as seems necessary at night and on stormy days. When the winters are generally mild cotton cloth is sometimes used in all windows.

Reducing Moisture with Low Ventilation.
Usually a house can be run with a good deal of ventilation in all but the very coldest weather. Birds can stand quite low temperatures provided their combs do not get frosted. Where there is much hard freezing weather the most effective way that has been found to keep a poultry house warm and dry is to place dry straw or hay, to the depth of a foot or more, overhead on a floor of boards laid as wide apart as may be and still hold the straw.

Dry straw will usually absorb all moisture, and so, when it is used, the poultry keeper must judge by the air in the house how much to keep doors and windows open. A breed that will not stand the temperature when ventilation is regulated in this way is not suited to the climate.

Male Birds Need Special Care.

The hens of all breeds, having smaller combs than the males, can stand much lower temperatures. As the proportion of females to males kept is usually about ten to one it is not economical, under extreme weather conditions, to regulate the house to suit the males. When the house is operated for the hens it is too cold for the males, the usual practice is either to put the males temporarily in a warmer place, or to put them at night in small coops in the same house. As a rule the occasion to do this arises only a few times in a winter.

Topics of the Home and Household.

A little sugar or molasses added to stove polish gives a brighter and more lasting polish and also prevents so much dust.

White oilcloth that has become disfigured by hot cooking utensils or stains can be cleaned by rubbing it with a slice of raw potato.

If you want bacon or ham to fry to a nice, dark, even shade of brown without being fried too crisp, add about one-half teaspoonful of dark syrup to the frying pan before the meat is put in the frying pan.

Apples in the Diet.

There are several reasons why apples are desirable as a part of the diet. The apple is wholesome, appetizing, slightly laxative and mildly nutritious. The use of apples or other similar fruits at meals is highly conducive to health in the way of promoting a normal peristalsis and thus avoiding constipation.

When the apple materials are burned in the body, the resulting products are alkaline instead of acid, and thus the eating of apples and similar fruits tends to prevent acidosis.

In the winter there is more need of fruits than in the summer, and therefore apples are more desirable as an article of diet in winter than in summer. Apple cider is a laxative.—Irish World.

Wheat Saving Breads for Breakfast.

Cereal Muffins—One and one-half cups flour, four teaspoons baking powder, one-half teaspoon salt, one cup cooked oatmeal, one-half cup milk, one egg, one tablespoon vegetable oil. Sift together the dry ingredients. Add the milk, beaten egg and melted fat to the cooked oatmeal. Beat in thoroughly. Finally add the sifted dry ingredients. Mix well. Bake in greased muffin pans about 30 minutes in a moderately hot oven. Or cooked cereals, mashed potatoes or

Office Melodrama.

"I'll get you some day!"

Then the Plunkville merchant hung up.

"I'll get you some day," he hissed, "even if the telephone service in Plunkville is rotten."—Kansas City Journal.

GOOD AT YOUR DRUGGIST'S

For a free package of Vick's VapoRub, as long as the free supply lasts. Each drug store has 60 packages, 12 of which are full-size 25c jars, to be given to the first twelve presenting coupons. Only one sample allowed each family.

Name _____
Address _____
No. 1 162.

Cut Out Coupon Below--Worth Twenty-Five Cents To You

Good, at Local Druggists, as Long as the Free Supply Lasts, for One 25-cent Package of the External "Vapor" Treatment That Relieves Colds Over Night—Croup in 15 Minutes.

Each Local Druggist Will Give Away 60 Free Packages, 12 of Which Are Full Size 25-Cent Jars

Fifteen years ago, in a little North Carolina town, a druggist discovered a process of combining the old-fashioned remedies—camphor, turpentine and menthol—with certain volatile oils such as eucalyptus, thyme, cubeb and juniper, so that, when applied externally, the body heat would vaporize these ingredients. These vapors, inhaled all night long, carry the medication, with each breath, direct to the air passages and lungs.

To-day this vapor treatment, "Vick's VapoRub," is almost universally used throughout the South in preference to internal "dosing." It is quick in its action, and what is more important, particularly to mothers with small children, it is applied externally and hence does not disturb the most delicate stomach. Colds are easiest treated at the beginning, and VapoRub makes the ideal preventive for the entire family.

This preparation comes in salve form and its action is twofold. Externally, it is absorbed through and stimulates the skin, taking out that tightness and sore-

ness in the chest. Internally, the vapors inhaled loosen the phlegm and open the air passages. For croup or colds just rub a little over the throat and chest and cover with a warm flannel cloth. One application at bedtime prevents a night attack of croup.

For very severe chest colds, tonsillitis, bronchitis or incipient pneumonia, hot wet towels should first be applied over the towels to open the pores of the skin and then use VapoRub. For head colds, asthmatic or catarrhal troubles, a little VapoRub can be rubbed up the nostrils or melted in a spoon and the vapors inhaled.

The manufacturers know that an actual trial is the best way to prove how valuable VapoRub is in the home, and they have accordingly furnished each druggist in Barre with 60 free packages, to be given away on presentation of the coupon below.

COUPONS GOOD IN BARRE AND SUBURBS, ALSO IN
East Barre, Williamstown, Plainfield. Adv.